



THE CENTER AT PRISCILLA PLACE

Senior Center Serving Adults Age 55+



23 Priscilla Place • (203) 452-5199

NOVEMBER 2017

First Selectman (203) 452-5005

Timothy M. Herbst

Senior Commission Chairman

Amy DeZenzo (203) 261-0872

Director of Human Services

Michele Jakab (203) 452-5199

Administrative Assistant

Ashley Ryan Grace (203) 452-5137

Senior Center Receptionist

Jeannie Franco (203) 452-5137

Social Services (203) 452-5198

Jennifer Gillis: (203) 452-5133

Food Pantry (203) 452-5135

2017 SENIOR CITIZEN COMMISSION

Chairman - Amy DeZenzo

Vice-Chairman - Dee Chiota

Secretary - Gail D'Elia

Clerk - Barbara Crandall

Ron Foligno

Roberta Bellows

Evelyn Wiesner

Dorothy Merritt

Mary Moran

CENTER HOURS

Monday through Friday

9:00 AM—4:00 PM

Thursdays

9:00 AM—7:00 PM

Like us on
facebook



VETERAN AND SURVIVING SPOUSES BENEFITS SCREENING:

Ever wondered if you were eligible?

It is easy when you know the right person!

Wednesday, November 22nd, 10:30 AM

Ramon Agosto, from CT Department of Veteran's Affairs, will be at the Trumbull Senior Center to meet with veterans and their families to answer questions about benefits and services. Come and find out if you are eligible! Ramon is experienced, easily accessible and highly recommended. Bring your discharge papers.

VETERAN'S DAY RECOGNITION

Thursday, November 9th, 10:00 AM

Stop by the Senior Center

for coffee, pastries, & conversation.

Let us say "Thank You for Your Service."

Sponsored by SYNERGY Homecare

RSVP (203) 452-5199

Holiday Celebration

Lunch and a Holiday Show with Smile A While!

SHOW TIME: 11:00 AM (Doors Close 10:50 AM)

\$7.00 PER MEMBER

NON-MEMBER \$12.00

Friday, November 17th or Friday, December 1st

(same show, same lunch)

Smile A While is a group of talented Trumbull Senior Center Members that perform all over the area to bring smiles to the community.

A catered lunch will be served.

Music at lunch will be provided by DJ Alfred Song.





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WORKSHOPS, LUNCH AND LEARNS, EVENTS

Adult Family Living Program

Tuesday, November 14th

10:00 AM

Juniper Home Care will hold a presentation on the new Adult Family Living Program that is being offered by the State of Connecticut under the Connecticut Home Care Program for Elders. Snacks will be offered. For more information, please refer to page 10. To RSVP, please call (203) 452-5137.

The Downsized Gourmet Cooking Demo and Take home

Wednesday, November 15th

11:00 AM

It's hard to cook for one or two. Come see and taste what Chef Jean Gorton of Atria at Stratford is cooking up! You will leave with easy-to-follow recipes and a shopping list. Brought to you by Oasis Senior Advisors of Fairfield County and Atria at Stratford. To RSVP: (203) 452-5137



The Beat Goes On

Wednesday, November 29th

10:30 AM 

After suffering a "widow maker" heart attack at home in 2016, Jay Tolisano's chances of survival were slim. Many factors contributed to his survival, quality CPR and the use of an AED were two of the most significant. Grateful for second chances, Jay now makes it his mission to help others in our local communities learn how to save a life. Come learn! To register: (203) 452-5137

Thursday Evening Programs

Naturopathic Medicine: A Functional Approach to Health

Thursday, November 2nd

6:00 PM

Please join Dr. Cummins, Naturopathic Physician, on a presentation about the benefits of naturopathic medicine. For more information and to RSVP, please call (203) 452-5137.

Natural Strategies for Anti-Aging

Thursday, November 9th

6:00 PM

Come learn and speak to Dr. Cummins, Naturopathic Physician, about natural alternatives to age beautifully. For more information and to RSVP, please call (203) 452-5137.

Thursday Evening Yoga

October 5th—December 21st

6:00 PM—7:00 PM

\$5.00 Per Class or

\$50.00 for 12 weeks

To RSVP, please call
(203) 452-5137



WISH LIST

- 11X14 Matted Picture Frames
- Bingo Prizes, new items only
- Poster size frames
- Framed Artwork

Veteran and Surviving Spouses Benefits:

Wednesday, November 22nd

10:30 AM

Ever wondered if you were eligible? It is easy when you know the right person! Come meet Ramon Agosto, from CT Department of Veteran's Affairs. To RSVP, please call (203) 452-5137.

Sue's Salon

Haircuts for men & women
Manicures & pedicures
Licensed professional.

For an appointment,
call (203) 981-7061



Price List:

Shampoo/set/blow dry:
\$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry:
\$65.00

The Wellness Nurse



(203) 452-5134

The Wellness Nurse is available at the Senior Center on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00 AM—1:00 PM. She is also available at Stern Village on Mondays from 9:00 AM—12:30 PM.

Wellness Nurse Services:

- Assesses and records blood pressure readings, nutritional counseling and weight management support
- Provides assistance with making doctor appointments

PROGRAMS

Knitting & Crochet Group

Every Tuesday

10:00 AM

Join us, all are welcome! Please bring your own supplies. Extra yarn is available. Donations welcomed.

New Computer Classes

1:00 PM-3:00 PM

October 17, 24, 31 and November 7-PC Classes (Windows 10) \$10.00 for non-residents for all 4 classes.

November 14, 21, 28 and

December 5-iPhone and iPad (IOS) Tablets and Smartphones-\$10.00 for non-residents for all 4 classes.

December 12-Facebook-No charge

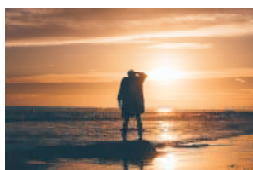
December 19-Smart Home Devices (Smart TV, Alexis, automatic lights, etc.)-No charge
For more information about any of these classes and to RSVP, please call (203) 452-5137.

Bereavement Support Group

An ongoing support group that meets bi-monthly. Support for adults dealing with a loss from death in the past year.
The 1st and 3rd Thursdays of the month at **2:00 PM.**

November 2nd & 16th

For questions, please call
Chanté P. Moreno, LMSW
cmoreno@trumbull-ct.gov
203-261-5110



Computer Tutor: 1:1 Sessions with Cathleen Lindstrom

Every Wed. and Thurs.

10:30 AM—12:00 PM

- How to send emails/photos, use the internet, social media
- How to do almost anything!

To sign up, please call (203) 452-5137. **Spots fill quickly.** Suggested donation of \$5.00 for non-residents. No charge for residents. If you have a laptop, please bring it in.

Monthly Birthday Party

Thursday, November 9th

11:30 AM

Come celebrate our November birthdays! Cake and coffee will be served. This event is sponsored by SYNERGY Homecare.
To RSVP, call (203) 452-5137.

Lunch and Movie

Monday, November 27th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film: A Dog's Purpose

A dog looks to discover his purpose in life over the course of several years and owners.

Starring: Josh Gad and Peggy Lipton

To RSVP, please call
(203) 452-5137.

Daily Lunch Program

Join us for a hot lunch
Monday-Friday at 11:45 AM.
Reservations required 2 days in advance. Call (203) 378-3086.
Suggested donation of \$3.25.

GAMES

Super Bingo

Thursday, November 9th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

\$5.00 gift cards and refreshments!
RSVP by calling (203) 452-5137.

Sponsored by the Senior Commission and SYNERGY Homecare.



Bingo

Monday, November 20th

1:00 PM—3:00 PM

(bus leaves at 2:30 PM)

Goodies and refreshments. To RSVP, please call (203) 452-5137.

Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game. Don't forget to bring your poker face!

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas-Hold'em?

Pinochle

Wed, Thurs, Fri

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Wednesdays & Fridays

12:30 PM

Mah-Jongg players afternoons in the library and the meeting room. New players are welcomed to join!

FITNESS CLASSES

Mondays:

Stretch/Strengthen with Nancy-9:00 AM Stretch, balance, aerobic and strength exercises. Optional: bring weights.

International Folk Dance with Leng -10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-12:45 PM Line dance to different types of music.

Yoga with Jeannie-2:00 PM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Tuesdays:

Fit for Life Exercise with Marylou-9:15 AM Low-impact aerobic exercise/dance (including a weights segment).

Ballroom Dance with Mike Stavola-10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Wednesdays:

Yoga with Jeannie -9:00 AM This exercise focuses on breathing, stretching, balance and flexibility movements.

Jazzercise with Marylou-10:10 AM Combination of low-impact aerobic exercise and dance.

Tap Dance with Shirley-11:00 AM Experience required. Please bring your own tap shoes.

Thursdays:

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-9:00 AM This class focuses on breath, balance, core and total body strength and stretch. Bring a mat.

Strength Training with Gail-10:30 AM Bring weights of any size, water, and a positive attitude.

Feldenkrais with Cathy-11:30 AM Awareness through movement. Learn the importance of proper movement techniques while sitting.

6:00 PM Yoga with Jackie-\$5.00 per class/\$50.00 for 12 sessions Relax and de-stress with yoga exercises that focus on strength, stretch, balance and core.

Fridays:

Zumba Gold with Jeannie-9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-10:15 AM An ancient martial art that helps improve balance and relieve pain.

ART CLASSES

Mondays:

Drawing with Christine-9:45 AM This course, taught by Artist Christine Goldbach, covers the fundamentals of drawing emphasizing the use of line, shape, value and composition. All levels welcome.

Tuesdays & Thursdays:

Watercolors with Sabine-9:30 AM Watercolor class taught by Artist Sabine Bonnar. All levels are welcome. A supply list will be provided.

Fridays:

Acrylic/Oil Painting with Christine-10:00 AM A painting class taught by Artist Christine Goldbach utilizing acrylic and oil paints. All levels are welcomed. Please bring your own supplies and subject matter. A supply list will be provided.

Beading Class

Last Tuesday of the month November 28th

1:00 PM —3:00 PM This workshop is for beginners to advanced jewelry makers. Beads are on us! You can also choose to purchase supplies. You will always go home with a finished product. Make new items such as necklaces, earrings and bracelets. Bring your original jewelry in for repairs. For more information and to RSVP, please call (203) 452-5137.

COMMUNITY NEWS

Congratulations to our Social Services Coordinator Jennifer Gillis

On Thursday, September 28th, 2017 Jennifer received The Integrity Award from State Senator Marilyn Moore (D-22) along with 5 other Trumbull residents.

We couldn't be luckier to have Jennifer on our team. She is well known and loved throughout the town for her dedication and commitment to her job and clients in Social Services.

Congratulations to the other recipients as well. Edward Gillespie, Paulette Mack, Jeffrey Kunkel, Michael Silva and Matthew Wheeler. The award recognizes town residents who personify "a state of incorruptibility, soundness and completeness."



The Trumbull Arts Commission Presents

"Holiday Melodies"

With Michael Jovovich, Dr. Joe Utterbach & Friends

Sunday, November 12:00pm ~ 1:30pm, The Center at 23 Priscilla Place

Cabaret seating, bring your own refreshments.

Tickets: \$5.00 203-452-5065



Meet Amanda Napolitano our new
Social Work Intern from
Sacred Heart University.
You will find Amanda working in the Social
Services office and Food Pantry.
Stop by and say hello to her!



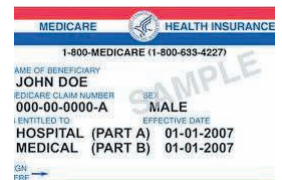
Medicare Counseling

If you need one-on-one assistance comparing your plan options, you can call your local State Health Insurance Assistance Program

Your Local

CHOICES Counselor is

Jennifer Gillis (203) 452-5198.



Be sure to visit the

Trumbull Community Center Website

<https://www.tccbuildingproject.org/>

The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.

The Travel Corner: *Let Your Journey Begin*

We provide transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides to doctors, lawyers, shopping, appointments, nursing home visits. Call to inquire. (203) 452-5137. Registration is required.

Ireland's Great Hunger Museum and Eli's on Whitney

Thursday, November 16th

Explore Ireland's Great Hunger Museum at Quinnipiac University in Hamden. Enjoy lunch at Eli's on Whitney. Admission to the museum is free; you are responsible for the cost of your lunch.

Maximum 14 people.

To RSVP, please call (203) 452-5137.

Bus Schedule

Bus will leave the Center at 10:00 AM.

Museum: 11:00 AM —12:45 PM.

Eli's on Whitney: 1:00 PM—2:30 PM

Phantom at the Downtown Bridgeport Cabaret Theatre

Thursday, November 30th

Visit the Downtown Bridgeport Cabaret Theatre and see the romantic musical, Phantom.

Bring your own refreshments and food.

Tickets are \$25.00. Checks only, made out to the Downtown Bridgeport Cabaret Theatre. Payment is accepted at the front desk.

Please RSVP by calling (203) 452-5137.

Bus Schedule

Bus will leave the Center at 12:30 PM.

Phantom: 2:00 PM.

Bus will return to the Center after the show.

The Shuttle Loop: Get a choice!

Must RSVP: (203) 452-5137

Estimated pick up time between 9:00 am-10:00 am

Stores within the "Loop" include Big Y, ShopRite, Best Buy, TJ Maxx, Kohl's & Target. Hop on and let the driver know where you would like to go!

- **Thursday, November 9th**
- **Thursday, November 30th**

There is a minimum of 4 passengers and a maximum of 14 passengers per trip.

Stop and Shop Schedule: Call for a pick up

- Stern Village Residents: Wednesdays
- Trumbull Residents: Tuesdays

Shopping is from 10:00 AM -11:00 AM.

You will be picked up between 9:00 AM-9:45 AM.

Wheelchair accessible, aides or caregivers are welcome.

Must RSVP: (203) 452-5137



Need a Ride to the Doctor?

We offer rides to and from medical appointments Mondays, Tuesdays, and Thursday. We travel to Trumbull, Bridgeport and Stratford. All riders must be independent; care givers are welcome to accompany riders. All buses are equipped with a wheelchair lift. Drivers may not physically assist riders to and from the vehicle. Senior Center Membership is not required but all riders must fill out a registration form. Donations are gratefully accepted. Donations can be made to the Trumbull Senior Center at 23 Priscilla Place, Trumbull CT, 06611



DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips. Anyone is welcome; membership or residency not required.
Driver trips: all amenities are included in the price.

Email Jeannie Franco with any questions jfranco@trumbull-ct.gov or call (203) 452-5137

Payment is required before signing up.

**Ask us about
Tours of Distinction's
Customer Rewards
Program:
Buy 3, get 1 free day trip.**

Radio City Christmas Spectacular Getaway Tours

Date: Thursday November 17th

Cost: \$198.00

Includes: Transportation, Radio City Christmas Spectacular, Lunch at Carmine's, Gratuities for Driver and Tour Director



An Amish Christmas Getaway "The Miracle of Christmas" at Sight & Sound

Getaway Tours

Date: December 6th-8th

Cost: \$600.00 PP Single, \$475.00

PP Double, \$455.00 PP Triple

Includes: Transportation, Hotel Accommodations, 4 Meals (2-Continental Breakfasts & 2-Dinners), 2 Christmas Shows, Admissions wherever applicable, Taxes and baggage handling, Gratuities for Driver & Tour Director



Basketball Hall of Fame 2017 Women's Holiday Showcase at Mohegan Sun Arena UCONN HUSKIES

VS.

OKLAHOMA SOONERS

Getaway Tours

Date: Tuesday, December 19th

Game time is 7:00PM. We will arrive at Mohegan Sun early so that you may enjoy dinner and the gaming tables before the game.

Call for more information

(203) 452-5199



Boars Head Feast at the Williams Inn

Getaway Tours

Date: Tuesday December 12th

Cost: \$117.00

Includes: Transportation, Boar's Head Procession, Christmas Buffet and Cabaret, Bright Nights Holiday Light Display, Gratuities for Driver



2018 Trips Coming Soon!

- **UCONN Basketball**
 - **Mohegan Overnight**
 - **Broadway Shows**
 - **Westchester Broadway Theatre**
- Stay Tuned.....**

Over Night Trips with Collette Tours

Tour: Discover Switzerland, Austria & Bavaria

Departing: Thursday, April 12th, 2018

Returning: Saturday, April 21st, 2018

Double: \$3,799.00

Single: \$4,099.00



Tour: Albuquerque Balloon Fiesta

Departing: Thursday, October 11th, 2018

Returning: Tuesday, October 16th, 2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



Monday	Tuesday	Wednesday	Thursday	Friday
		9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong 1-4 Billiards	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 2:00 Bereavement Group 6:00 Yoga 6:00 Naturopathic Med.	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
	9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 12:30 Pinochle & Mahjong	9:00 Balance & Core 9:30 Water Colors 10:00 Slim Approach 10:00 Veteran's Bkfst 10:30 Strength Training 11:30 Monthly Birthday 11:30 Feldenkrais 1:00 Super Bingo 6:00 Yoga 6:00 Anti-Aging	The Center is closed in observance of Veteran's Day. 
	9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Tap Dance 11:00 Gourmet Chef 12:30 Mahjong & Pinochle 1-4 Billiards Game	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:00 Hunger Museum 11:30 Feldenkrais 2:00 Bereavement Group 6:00 Yoga	9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:00 Holiday Show 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game
	9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 1:00 Bingo 2:00 Yoga	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 Veterans Benefits 11:00 Tap Dance 12:30 Pinochle and Mahjong	The Center is closed in observance of the Thanksgiving Holiday on the 23rd and 24th. 	
	9:00 Stretch 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga	9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 10:30 The Beat Goes On 11:00 Tap Dance 12:30 Pinochle and Mahjong	9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Strength Training 10:30 Computer Tutor 11:30 Feldenkrais 2:00 Phantom Trip 6:00 Yoga	



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COMMUNITY NEWS CONTINUED:

The Book Club

We are excited to announce that the Center will be collaborating with the Fairchild-Nichols Library to hold a monthly book club at the Center.

The Book Club will meet the first Monday of each month.

First Meeting:

December 4th, 11:00 AM

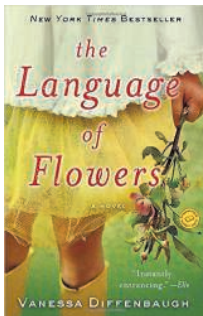
“Language of Flowers” by

Vanessa Diffenbaugh.

The books will be available to pick up at the Center the beginning of the month.

Books are available in audio and large print.

If you are interested in joining, please call (203) 452-5137.



How Can I Donate?

Your donation helps us maintain current operations and us offer additional programs such as exercise, art, and our daily lunch program. All donations are tax deductible. Any amount is greatly appreciated. All checks can by made payable to the Trumbull Senior Center.

Thank you for your support.

thank you!

A big thank you to the Tashua Retired Men's Club and the Trinity Episcopal Church for their concert to Benefit the Food Pantry.

Adult Family Living Program: From page 4

The Adult Family Living Program that is being offered by the State of CT under the Connecticut Home Care Program for Elders. Under this program, family members or friends can become Direct Care Givers (DCG) for up to three eligible clients within the same home. Unfortunately, husband and wife do not qualify to take care of one another, but could both receive care from a third person. We will help eligible clients with applying to this wonderful program. **Eligible recipients could earn up to \$23,000/yearly and completely tax free per client.** They will also receive a weekly visit from our agency RN as well as 24/7 nursing support. If a family member is on title 19/Medicaid all they need to do is fill out an application and we will help send it in as soon as possible. A case worker will then make an appointment to visit their home. We ask that they please read the eligibility requirements as the case worker will need to verify the potential client needs assistance with 2-3 of the ADL's (bathing, feeding, transferring, toileting, etc).

Living requirements: Must live in a safe home and be available to take care of the client 24/7 unless the client is under supervision of a respite P.C.A., secondary caregiver, or Adult Day Center with prior approval.

Let's Go Green!

Sign up to receive our newsletter by e-mail.

Email:
jfranco@trumbull-ct.gov.



Don't forget to vote on Election Day!

November 7th, 2017

Polls open from 6:00 A.M. to 8:00 P.M.
Contact the Trumbull Elections Administration Office at 203-452-5058 or 203-452-5059 if you have any additional questions regarding your Voting District.



Happy Thanksgiving!

The center will be closed on Thursday, November 23rd and Friday, November 24th.



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St. Joseph's Center

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- Activities of Daily Living Retraining
- Stroke Recovery
- Alzheimer's/Dementia Care
- Cardiac Care Program

Ludlowe

Center for Health & Rehabilitation

www.ludlowecenterhealth.com

For a private tour, please call us at

203-372-4501

118 Jefferson Street, Fairfield, CT 06825



PASSPORT



What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

Energy Assistance:

Social Services will begin taking applications for the 2017--2018 Winter Heating/Energy Assistance Program beginning Monday, October 2, 2017. The Connecticut Energy Assistance Program (CEAP) can assist households with their primary heating source (oil, gas, electric) costs during the winter months. If the household's primary heating costs are included in rent, you may also apply for assistance. **THIS PROGRAM IS INCOME AND ASSET BASED.** Please call Social Services directly @ 203-452-5198 for program guidelines, required documentation and to schedule an appointment. Home bound visits are available upon request.

FREE HOME REPAIRS!

KNOW ANYONE WHOSE HOME NEEDS HELP?

Home Front volunteers are ready to repair homes at no cost to qualified homeowners in Spring 2018.

Home Front is a community-based, volunteer-driven home repair program that provides FREE repairs to low-income homeowners, thus enabling them to remain in their homes with an improved quality of life.

For more information, please call
1-800-887-HOPE (4673).

Or call Social Services at (203) 452-5198

Or the Senior Center (203) 452-5199

for an application.



Medicare Savings Program: Help get your premiums paid!

Would you like help with your Medicare costs?

You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the "donut hole." It only takes 5 minutes to see if you are eligible! If you would like to inquire or apply, please call Jennifer Gillis at (203) 452-5198